

Sandwiches

Chicken Philly Sandwiches

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Servings: 4

1/2 pound boneless/ skinless chicken breasts

2 teaspoons olive oil

1/2 teaspoon salt

1/2 teaspoon coarsely ground pepper

1 large onion, halved and sliced

2 sweet red peppers, julienned

6 slices provolone cheese

4 whole wheat hoagie buns split pea soup

Cut the chicken into strips.

In a large skillet, saute' the chicken in the olive oil until no longer pink. Sprinkle with salt and pepper. Remove and set aside.

In the same skillet, saute' the onion and sweet peppers until crisp-tender.

Return the chicken to the pan. Reduce the heat to medium.

Cut the provolone into strips and add to the pan. Cook and stir for 1 to 2 minutes or until the cheese is melted.

Serve on hoagie rolls.

Per Serving (excluding unknown items): 933 Calories; 60g Fat (57.2% calories from fat); 62g Protein; 39g Carbohydrate; 4g Dietary Fiber; 144mg Cholesterol; 3009mg Sodium. Exchanges: 2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 7 Fat.